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Bikers, drivers, taxis, couriers — everybody wants a piece

CURB WARS

BIG BATTLE FOR ONE OF THE MOST IN-DEMAND SPACES IN T.O. metroNEWS

Millennials dreaming of Toronto homes

HOUSING MARKET

Two-thirds in GTA expect to own their own place: Survey

Toronto's hot housing market hasn't torched the home ownership dreams of first-time buyers.

About two-thirds of millennials in the Toronto area expect to own their own home, according to a survey by Pollara for Bank of Montreal being released Wednesday. That's despite a higher average purchase price of $465,000 in Toronto, compared to the $350,000 national average.

But about 32 per cent say that home ownership will probably be unaffordable for them. Those expecting to buy are relying on family to realize their dream.

Nearly half of Toronto first-timers anticipate making a withdrawal of about 12 per cent of the total price for a down payment, from the bank of mom and dad. That means their own contribution would be about 4 per cent or about $18,000.

Half of the survey respondents fear they won't be able to afford their monthly mortgage payments and almost two-thirds worry they won't be pre-approved for a mortgage.

Part of that might be a pervasive resistance to talking about money or they may not have a good budget or financial plan in place, said Toni Tintinalli, BMO's regional vice-president of personal banking in the GTA.

"There is a fear if you want something, 'What happens if I don't get it?' For the most part, if you're a good saver, and you have a good job and you have good credit you will get pre-approved. You may not get approved for the amount you want but you will most likely get approved if you have those things in place," he said.

TORSTAR NEWS SERVICE

Sorry, Canada

From the very bottom of our well-intentioned hearts, we want to apologize. To everyone in every town from Iqaluit to Point Pelee, St. John's to Prince Rupert and everywhere in between: we're sorry.

We really should have thought of the Maple Iced Capp and Creamy Maple Chill sooner. It's a little embarrassing, really. The only other thing so obviously Canadian would be a brigade of Mounties on mooseback belting out the national anthem – in both official languages.

Tims fans know that maple flavour isn't unexplored territory for us. We've proudly offered the Canadian Maple Donut since forever. But that was like dipping a pinky toe into the water. Now we're skinny dipping in Lake Maple like no one's watching.

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A little late, sure. But we hope you accept our apology. Once you try Tims new Maple Iced Capp and Creamy Maple Chill – we think you might.

Tim Hortons.

P.S. Sorry for apologizing so many times. We can't help it.
#SoCanadian

metro NEWS

Your essential daily news

Hold on to your popcorn, Canada; 4D movies are coming. **Business**

Rapper drops Raps tribute

RAPTORS

Northside Since 95 a fan favourite going into playoffs

Gilbert Ngabo
Metro | Toronto

He ain't no Drake, but one up-and-coming Toronto rapper would like you to simply sit back and "enjoy the Masai Ujiri show."

That's one verse in a short rap video just released by Rajan Gahunia and quickly taking over as a favourite among Raptors fans. Titled Northside Since 95, the rap is a tribute to the year Canada's lone basketball team was launched.

"This is by far the best Raptors team we've ever had as a country," said Gahunia, 21, who dropped the song right in time for the Raptors' third straight trip to the NBA post-season, which starts this weekend.

"I just wanted to contribute to the movement and celebrate something special in the city."

The fourth-year television and broadcasting student at Seneca College grew up aspiring to be a basketball player until he realized he "wasn't good enough." Then, his mother's death turned his focus.

"That's when music became my outlet to be happy and do what I wanted to do in life," he said.

VERSES

From Northside Since 95:
Now everywhere you go you see Raptors apparel
From Atlanta to Toronto like Demarre Carroll.
Take a seat and enjoy the Masai Ujiri show
I got the black and gold on me like I'm OVO
I put the 6 on my back like I'm Cory Jo.

Rajan Gahunia is the Toronto musician behind Northside Since 95 a new tribute to the post-season bound Raptors. LIZ BEDDALL/METRO

Gahunia has written and produced dozens of songs, drawing a lot of inspiration from his family.

Northside Since 95 isn't just about the team or basketball, he said.

It's about a "historic" run that's seen the Raptors enter the 50-win club for the first time and raised expectations.

"We've been hustling and grinding," he raps in the song. "Now that championship is the only thing we got in sight."

One of his proudest moments?

When Raptors' guard DeMar DeRozan and broadcaster Leo Rautins gave his song a shout-out on twitter.

His dream? Performing the jam to a packed Raptors stadium.

"That would be amazing," he said. "I'd love the song to be the Raptors' official anthem."

HAVE YOUR SAY

Should the Raptors adopt Northside Since 95 as their official anthem?

See the video and take our poll at Metronews.ca.

CRIME

Police arrest man after bomb threats

Toronto police have arrested a suspect after a series of bomb threats were made at TTC subway stations over the weekend.

Police said the TTC received phone calls between Friday and Sunday threatening to bomb the York Mills or Eglinton subway stations. The last call, threatening a bomb at York Mills station, was placed around 11:20 p.m. on Sunday 10. Police say they located a man fitting the suspect description a short while later and arrested him at Eglinton station.

Aaron Finkler, 54, of Toronto has been charged with five counts of public mischief and five counts of endangering life.

TORSTAR NEWS SERVICE

IN BRIEF

City considers sign options

City council will consider the future of the Toronto sign after a plan to maintain it was approved Tuesday by the Economic Development Committee.

Council is being asked to spend $50,000 to hire someone who would oversee making a permanent sign to replace the temporary one in Nathan Phillips Square and making a second sign to move around the city.

Politicians will also consider spending $100,000 to maintain the sign for the rest of the year. METRO

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Activist wants ban on size discrimination

HUMAN RIGHTS

Meeting will propose new protections

Jessica Smith Cross
Metro | Toronto

A Toronto activist wants to make it illegal in Ontario to discriminate against someone based on their size, shape or weight.

Jill Andrew, co-founder of the Body Confidence Canada Awards, is meeting Wednesday with the province's human rights commissioner to discuss possible changes to the Ontario Human Rights Code.

Andrew said size, shape and weight deserve the same attention as other bases for discrimination that are protected by the Code today, including age, sex, disability, ethnic origin and sexual orientation.

"All of the same social and cultural stereotypes that are wrongly linked to being fat — being lazy or being unintelligent or lacking energy — have fed into employers who discriminate against people who are looking for work, or to be promoted," she said.

Body image advocate Jill Andrew is meeting with Ontario's human rights commissioner this week. LIZ BEDDALL/METRO

If the changes become law, it would be illegal to discriminate against a person — to fire them, or refuse to rent an apartment to them, for example — because of their weight.

Andrew got the opportunity to make her case to Chief Commissioner Rena Mandhane when she spoke alongside Mandhane at a recent event for women in politics in Toronto.

"She was very eager to have the conversation," said Andrew. "I'm hoping she hears my arguments and sees some merits."

Daniel Chodos, an employment lawyer in Toronto, said there's long been concern about how body size issues are handled in human rights cases.

While a person's weight isn't listed in the Code today, it can be considered in cases where it's linked to a medical disability, such as diabetes, Chodos said.

"All of this would be a lot easier if it were its own category and the question is, should it be?" he said. "I would lean towards it should be."

Chodos says using language like "size and shape" might be too broad and would lead to discrimination cases that are trivial. But, he sees value in Andrew's efforts and hopes she's successful.

FAMILIES

Child-care spaces could be at risk

Toronto could lose at least 2,184 infant and toddler child-care spaces — and fees would skyrocket — under proposed provincial child-care changes aimed at addressing 12-month maternity leaves and full-day kindergarten, according to a city report.

A minimum of 325 infant spaces and 1,859 toddler spots would disappear while costs would soar by almost $21 million under the plan to change child-care age groupings, group sizes and staff-child ratios, says the report to be discussed by the city's community development committee Wednesday.

It means fees would rise by 20 per cent to 40 per cent, pushing the median cost of infant care to almost $2,100 a month and toddler care to $1,850. At those costs, plus new age restrictions and group sizes, many centres would have trouble keeping infant rooms open, the report notes.

> **Finding infant care is already like winning the lottery.**
> Lindsay Siple, parent

"If the regulations are implemented, the licensed child-care system will decrease in size while the cost of delivering the service will increase," says the report.

Critics say the province has proposed the changes without the benefit of detailed figures on how it would affect daycare access and cost.

At a time when Toronto's daycare fees are the highest in Canada and licensed space is scarce, "the proposals are contrary to the provincial goal of increasing affordability and access to licensed child care," the report adds.

The proposed changes have been met with a flood of community and parental opposition. More than 9,000 parents responded to a survey about the proposed changes, with most opposed to the new age groupings and group sizes, the report says.

However, the city, parents and academics support the province's proposal to increase the ratio of fully trained early childhood educators per classroom, from one out of three workers to two out of three — despite the added cost. TORSTAR NEWS SERVICE

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FREEDOM OF SPEECH

Men's issues group suing Ryerson's student union

Ryerson's men's issues group is suing the university's student union with the help of a Calgary-based law firm that has a history of taking up pro-life and free-speech battles on Canadian campuses.

Called the Justice Centre for Constitutional Freedoms, the group's goal is to "return universities to what they're supposed to be, which is a forum for the expression and debate of all opinions, whether popular or not," president John Carpay said.

About half of the centre's cases involve students' rights at their universities. The firm is fighting three other cases in which clubs have been banned by student unions in Ontario alone. They involve pro-life groups at Ryerson, the University of Toronto Mississauga and the University of Ontario Institute of Technology.

STUDENT UNION

Ryerson Student Union president Andrea Bartlett told Metro her organization stands by its decision to deny the men's issues group official club status. She wouldn't say why the group was denied status in the first place.

Men's Issues Awareness Society founder Kevin Arriola and social media executive Alexandra Godlewski. CONTRIBUTED

Kevin Arriola said "it's about time" someone stood up to help students deal with student unions.

Arriola founded the Ryerson Men's Issues Awareness Society last year but the union denied his request for official university club status, which would have allowed the group benefits such as free use of campus facilities. He filed a lawsuit on Friday, asking the Ontario Superior Court to order that the decision be overturned.

"A lot of universities' student unions have thought they could just get away with doing whatever they want and no one is going to challenge them," Arriola said. "This in the context of a society that is shutting down male voices and issues that pertain to men and boys."

The justice centre's legal services are free for students and covered by the law firm's donors, which include the conservative Aurea and Donner Canadian foundations.

JESSICA SMITH CROSS/METRO

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The battle for the curb

Luke Simcoe
Metro | Toronto

In a bid to kick congestion to the curb, the city is re-examining the curb itself — looking for ways to do everything from creating more off-street parking to adding well-placed taxi stands.

The relatively humble patch of pavement next to the sidewalk is one of the most in-demand spaces in Toronto, said Nazzareno Capano, the city's manager of transportation planning and policy. Everyone from cyclists to delivery drivers, taxis and tour buses want a piece, but there's simply not enough curb to go around.

"We find more and more vehicles are double parked because of the heavy curb usage," said Capano. "It's leading to travel lanes being blocked during peak hours, which causes congestion."

The excess demand for curbside parking also leads to vehicles illegally parking in bike lanes, which Capano acknowledged is a safety concern for cyclists.

A bid to improve conditions is starting downtown with city staff studying an area between Queen Street and the lakeshore to see what changes may lead to a smoother ride for all.

Starting there makes sense because "there's no place more complex in terms of curbside usage than the core," Capano said.

"Whatever we come up with here can easily be applied just about anywhere else in the city," he added.

A variety of options are on the table, he said. For example, there may be ways to encourage developers to build more off-street parking and loading areas. City staff are also pondering changes to parking prices to encourage travelling downtown during off-peak hours.

"Maybe we need exorbitant prices to deter people from using their cars to do business downtown and rely more on transit," Capano said.

A report will be completed in the summer, at which point it will go before city council.

ILLUSTRATION: ANDRES PLANA/METRO

HAVE A SAY

The city is surveying residents about how — and how often — they use the curbside downtown. The survey can be found on toronto.ca and is open until April 30.

METRO ASKS | What does the curb mean to you?

Courier

The curbside is very important to me. It's like my workplace. The big problem is that the city took away the courier spots. There are no more courier delivery zones in Toronto, and that makes it difficult for us, and the pedestrians and cyclists, too. We always try to be considerate. But this isn't about making us happy. It's about the city making money by ticketing us.
— Bill Reed, Canada Post courier

LIZ BEDDALL/METRO

Cyclist

It's great going along Richmond and Adelaide. It took a long time to build, but it's a perfect bike path. But it's still very dangerous. You always have to look out for cars that are parked or turning without properly checking blind spots. I usually ring my bell like crazy whenever I see something like that, which is very often. It's very frustrating to see a car pulling in a bike lane.
—Jason Vandervennen, cyclist

LIZ BEDDALL/METRO

Driver

Whenever I'm pulling in or out of a curbside, I have to be extra careful of other road users. I don't think anyone should be allowed to stop in a cycling lane. Bike lanes should be for cyclists and cars should be somewhere else. There should be a place to walk, a place to bike, a place to drive and a place to park. Maybe it's one street for cars and another for cyclists exclusively.
— Jen Hill, driver

LIZ BEDDALL/METRO

Taxi driver

As cab drivers in the city, the curbside is very important for our work. But maybe the city doesn't understand that. Because the minute you stop to pick up or drop off a passenger, the officer has already written a ticket for you. I was in a trial the other day to dispute a ticket. It's just so bad. I never stop in a bike lane, I never fight with anybody on the road. Just let me do my work and don't give me a ticket.
— Abukar Sabrie, taxi driver

LIZ BEDDALL/METRO

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Police break up suicide pact of 13 young people

MENTAL HEALTH

Attawapiskat overburdened by rash of attempts

A suicide pact by 13 young aboriginal people, including a nine-year-old, has been thwarted on a remote First Nation in northern Ontario where local leaders say they're so overwhelmed by the suicide crisis that extra police officers have been called in from nearby communities.

Anna Betty Achneepineskum of the Nishnawbe Aski Nation said the youths were overheard making a pact to kill themselves on Monday and police brought them to the local hospital in Attawapiskat for an evaluation.

But the hospital was already treating other patients who had attempted suicide in recent days and couldn't see all of the new arrivals, Achneepineskum said, so about half of them temporarily waited in jail for treatment, the only other place where officials felt their safety could be secured.

"There are so many things that are needed here," she said in an interview. "So many things."

Achneepineskum said the entire community of about 2,000 in the James Bay region is so overburdened by the rash of suicide attempts that three of the reserve's four health-care workers were sent to Thunder Bay for counselling and rest as reinforcements came in to help.

A tattered Canadian flag flies over a building in Attawapiskat, Ont., on November 29, 2011. **The remote northern Ontario First Nation declared a state of emergency this week.** THE CANADIAN PRESS FILE

Health Canada said Tuesday that roughly 18 additional people — including a crisis coordinator, two youth support workers and a psychologist — had been deployed as temporary crisis relief since a state of emergency was declared in Attawapiskat.

But Keith Conn, an assistant deputy minister for the department's First Nations and Inuit health branch, stressed "more aggressive" efforts must be made to meet the community's mental health needs in the long term.

The emotional distress of the teens and the dearth of resources in place to help them is a direct result of more than a century's worth of fraught relations between First Nations communities and the federal government, one leader said.

Ontario Regional Chief Isadore Day said the pervasive ills plaguing aboriginal Canadians can be traced back to the Indian Act of 1876, which is marking its 140th anniversary.

Day said the act, which effectively transferred all decisions affecting First Nations to officials in Ottawa, set the stage for decades of turmoil, including residential schools, where young aboriginals endured horrific abuse.

Those experiences are at the heart of issues that include addiction, poor health and unemployment, all of which tend to converge on Canadian reserves that include Attawapiskat, Day said. Officials responsible for collecting demographic data on Attawapiskat did not respond to requests for the information. THE CANADIAN PRESS

AFGHAN WAR

Soldiers not told to ignore abuse: Inquiry

The Canadian military was too focused on waging a bloody war against the Taliban 10 years ago to deal with reports from its own soldiers that children were being sexually abused by Afghans, an inquiry has concluded.

No soldiers were ever explicitly told to turn a blind eye to abuse, but no one quite grasped how homosexuality was viewed in Afghanistan or how to deal with incidents of abuse, said the report, released Tuesday nearly six years after it was completed.

Better cultural training ahead of deployments, clearer directives on what must be reported and changes to the military's rules of engagement and code of conduct have all been implemented since one soldier went to the media in 2008 with his story of witnessing abuse and an allegation soldiers were being told to ignore it.

The subsequent Toronto Star report spurred the military into action, and when the board of inquiry was established it learned that Canadian soldiers had been seeing or hearing Afghan soldiers having sex with boys since 2006.

The battle just to survive the deadly terrain of Kandahar province in 2007-08 was everyone's priority, the military said.

"Many (soldiers) in combat outposts where they would have heard reports of this type of behaviour, top of mind for them was their own survival in combat operations," said Col. Jay Janzen, a military spokesman.

The experience has taught the Canadian Forces that it's important to ensure soldiers know "instinctively" what they have to do, "even under the most difficult and demanding circumstances," he added.

The board of inquiry concluded its report in 2010 but it took six years for the chief of defence staff to sign off and make it public. That delay was attributed to the complexity of its recommendations and competing military priorities.

The report underscores a recurring criticism levelled at the Canadian government and the military in their approach to the war in Afghanistan: no one ever fully understood the culture of the country and didn't take time to learn it. THE CANADIAN PRESS

IN BRIEF

Check on milk in cheese products: Dairy farmers

Milk producers are asking the feds to enforce rules governing how much real milk is included in cheese. Industry stakeholders said a U.S. milk protein is being used improperly as actual milk, costing them tens of thousands a year.

THE CANADIAN PRESS

Central bank to assess impact of multibillion-dollar commitments

The Bank of Canada is scheduled to deliver an assessment Wednesday: its take on just how much of a lift it expects the economy to get from billions in federal government spending commitments.

THE CANADIAN PRESS

ENTERTAINMENT

It's going to be raining soon at a movie theatre near you

Hang on to your popcorn — and steer clear of hot drinks.

Though you don't normally go to the movies to get rained or snowed on, Cineplex Entertainment is betting customers will pay extra for the privilege this summer, when the company introduces 4DX immersive technology at a Toronto theatre.

4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that pivot and swerve, in tandem with the action on the screen.

"It's like you're in the movie," Cineplex spokesperson Sarah Van Lange said Tuesday.

"It makes the movie-going experience truly immersive."

Though the ticket price is not yet public, it is part of a spate of premium movie-viewing offerings from IMAX to UltraAVX that carry a higher ticket price for an upgraded experience at Canada's largest movie chain.

In the fourth quarter of 2015 — which was Cineplex's most successful year ever — premium movie experiences accounted for 46.8 per cent of total box office revenues. That averaged out to 39 per cent for the full year, which is more than double the box office revenues some of its peers generated in the U.S. last year, she said.

"Canadians, more than Americans, love premium movie experiences," said Van Lange.

For example, 80 per cent of the advance tickets Cineplex sold last year for Star Wars: The Force Awakens were for these elevated movie-watching platforms.

The exact launch date and first movie to be shown in 4DX have not yet been determined as the auditorium undergoes a massive overhaul to incorporate the new technology from South Korean firm CJ 4DPLEX.

But it will no doubt be a blockbuster as it was at the recent launch in New York City of Batman v. Superman. The 4DX technology is already at more than 230 movie screens across Europe and Asia. The new Toronto location marks the first in Canada and third in North America, including Los Angeles.

"You want to keep upgrading and enhancing your offerings because the movie industry has to stay ahead of whatever home theatre offers," said Canaccord Genuity analyst Aravinda Galappatthige. TORSTAR NEWS SERVICE

4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that move, in tandem with on-screen action. HANDOUT/TORSTAR NEWS SERVICE

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ENTERTAINMENT

Russian bear a big hit

A proverbial Russian bear has long alarmed Westerners as the symbol of Moscow's might and purported ferocity. But the Russian who has taken the world by storm is a sweet goof who hasn't fired a single shot.

Masha and the Bear, a Russian animated television series launched in 2009, now broadcasts in more than 120 countries including the United States. Its YouTube channel is in the top 10 most-viewed worldwide.

The cartoon centres on the mischievous girl Masha and the towering Bear, a retired circus performer who falls victim to the green-eyed sprite's pranks.

Their real home is a former Soviet kindergarten in Moscow's northern outskirts. There, more than 70 animators each produce two to four seconds of screen time a day. It's slow work due to the highly detailed images, unusual for television series.

THE ASSOCIATED PRESS

A notebook featuring Masha and the Bear THE ASSOCIATED PRESS

Authorities raid offices of Mossack Fonseca

PANAMA PAPERS

Prosecutors looking for information linked to leak

Organized crime prosecutors raided the Panama City offices of the Mossack Fonseca law firm Tuesday looking for evidence of money laundering and financing terrorism following a leak of documents about tax havens it set up for wealthy international clients.

A half-dozen police officers set up a perimeter around the offices while prosecutors searched inside for documents. Shortly after news reports based on a trove of documents from the firm began emerging more than a week ago, Panama's government had said it would investigate.

The attorney general's office said in a statement that the objective of the raid was "to obtain documentation linked to the information published in news articles that establish the use of the firm in illicit activities."

Mossack Fonseca has denied any wrongdoing, saying it only set up offshore financial accounts and anonymous shell companies for clients and was not involved in how those accounts were used. Co-founder Roman Fonseca said Tuesday that the firm was preparing a statement.

The search came a day after intellectual property prosecutors visited Mossack Fonseca to follow up on the firm's allegations that a computer hack led to the leak of millions of documents about tax havens.

The firm filed a complaint charging the security breach shortly before the first media reports working with the documents offered details on how politicians, celebrities and companies around the globe were hiding assets in offshore accounts and shell companies.

"Finally the real criminals are being investigated," Fonseca said in a message to The Associated Press on Monday.

THE ASSOCIATED PRESS

FALLOUT

Corruption probes close in on Argentina's Fernandez

A federal prosecutor has asked that Argentina's former president Cristina Fernandez be included in a widening investigation into money laundering. A separate money-laundering probe into hotels owned by her family has been relaunched.

THE ASSOCIATED PRESS

A royal celebration

The Duke and Duchess of Cambridge are on a weeklong tour of India and Bhutan, visiting in the cities of Mumbai, Delhi, Assam, Bhutan and Agra. Here are some sights from Day 3 of their visit.

1 Kate and Will watch as a boy dances by the fireside during a Bihu Festival Celebration in Kaziranga, India.

2 Kate looks on as her husband tries to play an Indian whistle.

3 Dancers perform by the fireside.

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ASTRONOMY

Stephen Hawking joins bid to explore outer space

With famed physicist Stephen Hawking at his side, an Internet investor announced Tuesday that he's spending $100 million on a futuristic plan to explore far outside our solar system.

Yuri Milner said the eventual goal is sending hundreds or thousands of tiny spacecraft, each weighing far less than an ounce, to the Alpha Centauri star system. That's more than 2,000 times as far as any spacecraft has gone so far.

Propelled by energy from a powerful array of Earth-based lasers, the spacecraft would fly at about one-fifth the speed of light. They could reach Alpha Centauri in 20 years, where they could make observations and send the results back to Earth.

They might discover a planet or planets there — experts think there may be some, but there's no proven sighting yet — and possibly even find signs of life there or elsewhere, said Milner and a panel of experts at the announcement. The three stars that make up Alpha Centauri are the closest stars to our star — the sun.

Stephen Hawking GETTY IMAGES

"We commit to the next great leap into the cosmos," Hawking said, "because we are human and our nature is to fly."

Hawking has joined Milner and Facebook founder Mark Zuckerberg on the board of the project, called Breakthrough Starshot, which includes a team of scientists. Milner said his $100 million will go to establish the feasibility of the project, and that a launch itself would require far more money.

Hawking is also part of a project Milner announced last summer to use earthbound telescopes to seek intelligent life in outer space.

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Hong Kong Travel Sep 20 – Oct 4/ua	reg $679	now $629
Rio de Janeiro Travel Jun 4 – Jun 16/ua	reg $695	now $645
Prague Travel Oct 17 – Oct 26/ba	reg $725	now $675
Rome Travel Nov 23 – Dec 6/ba	reg $759	now $709
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Ballys
INCLUDES 4-star hotel on the Strip. Departs May 9/wsv/ws. **UPGRADE** to 4.5-star MGM Grand Hotel and Casino for $549. **UPGRADE** to 5-star Mandalay Bay for $649.

Miami Flights + 3 Nights 4-Star **$555**
Newport Beachside Hotel and Resort
INCLUDES 4-star oceanfront hotel near the historic Newport Pier. Departs Apr 24/acv/ac.

New York Flights + 3 Nights 4-Star **$699**
Doubletree Metropolitan
INCLUDES 4-star East Side Manhattan hotel to experience the Big Apple. Departs Apr 29/wsv/ws. **ADD** Williamsburg Craft Beer Crawl for $99.

Paris Flights + 7 Nights 4-Star **$1069**
Villa Eugenie
INCLUDES 4-star boutique hotel in one of the most picturesque quarters of Paris. Departs Aug 25/ggv/fi. **ADD** city tour with Eiffel Tower admission for $95.

Munich Oktoberfest
Flights + 1-Night + 6-Day Tour **$1495**
Oktoberfest Camping - 6 Days Start Munich, Daniel Hotel
INCLUDES first night Munich hotel and 6-day camping tour celebrating Oktoberfest. Experience one-litre beers, local delicacies and live traditional Bavarian music. Departs Sep 14/ctk/ggv/ba.

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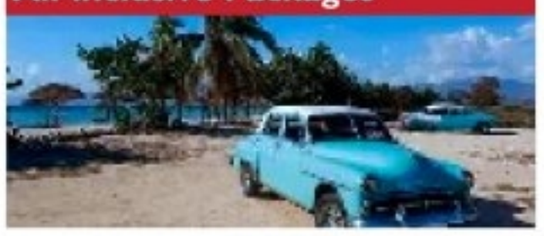

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Punta Cana Flights + 7 Nights 4-Star **$709**
Blau Natura Park Beach Eco Resort
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Cancun Flights + 7 Nights 4-Star **$995**
Grand Oasis Palm
Departs Jun 17/acv/ac.

Montego Bay Flights + 7 Nights 4-Star **$999**
Holiday Inn Resort Montego Bay
Departs Jun 10/acv/ac.

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metro VIEWS
Your essential daily news
Wednesday, April 13, 2016

ROSEMARY WESTWOOD **SEXUAL ASSAULT DATA**

KNOWING IS HALF THE BATTLE

By the standards of our big-data age, we know shockingly little about the true extent and nature of sexual assault in this country, much less about what authorities are doing to address it. A concerted effort to collect, share and analyze data could be **our last, best hope for change.**

It began last week with a simple question.

Ottawa police had a 39 per cent charge rate for sexual assaults in 2014. I wanted to know: How does that compare to the national average?

But there was one problem. That comparison doesn't exist.

Statistics Canada tracks some data on sexual assault in this country. But rates of charges versus police complaints? No. In fact, even StatsCan's own data sets aren't designed to be compared to each other, like puzzle pieces never cut to fit.

We are witnessing a crescendo of attention on sexual assault never seen before. Decades of research and activism have brought us here, but depressingly, they have done nothing to change the rate of sexual violence in the last 15 years.

There is one thing we haven't tried: the collection, organization and analysis of robust, in-depth and actionable data.

As things stand now, when a woman comes forward, we don't usefully record what happens next.

The same is true, of course, for all crimes. But there is good reason to demand that, in the case of sexual assault, much more needs to be done.

Sexual assault — everything from unwanted sexual touching to violent rape — is a unique umbrella of crime in this country.

First of all, it's overwhelming committed by men against women. Secondly, sexual assaults aren't addressed by the justice system as often as other crimes. Nationally, physical assaults are seven times more likely to play out in courts, compared to sexual assaults.

You can't sift insight from thin air. Police, schools and StatsCan must be compelled to collect more information.

Left: A protester is seen outside a Toronto courthouse where the Jian Ghomeshi trial took place. Right: A sign made up of messages created by students in September 2015 as part of the anti-violence project at the University of Victoria. CHRIS YOUNG/THE CANADIAN PRESS ; CHAD HIPOLITO/THE CANADIAN PRESS

But most alarming is that while crime rates have uniformly been falling since 1999, only sexual assault has remained stable.

Better data should begin with local police departments, which only ever hear about five per cent of sexual assaults to begin with, and which have no uniform practice for tracking or publishing sexual-assault data In Vancouver, police host an online public database, but it only includes the number of cases investigated as sexual assaults (including those against children); it doesn't include all complaints and doesn't break down cases by outcome or factors like race.

Ottawa police released stats on sexual assault complaints (also including kids) only after a freedom of information request. The data showed the result of each complaint, including "unfounded" and "founded but not solved," but there were no details on how investigators reached their conclusions. This is typical.

Both Ottawa and Calgary police have played the "trust us" card and taken pains to defend the thoroughness of their investigators.

But police forces could be hard-pressed to offer more nuanced data, even if they wanted to. ViCLAS, a national computer investigation system, was designed, like other police computer systems, to take in information and help investigations — not to spit out data for analysis.

Nowhere have statistics on sexual assault come more under fire recently than on Canadian campuses. In 2014, media investigations revealed the hodgepodge, incomplete nature of information collected at universities and colleges. Schools weren't even tracking the same categories of incidents and they had no obligation to share their data publicly. A concealing blanket lay atop a space where, advocates say, woman face heightened risk of sexual assault.

In reaction, Ontario passed a law requiring campuses to create specific sexual assault policies and data-reporting practices. In B.C. and Alberta, advocates are drawing up recommendations for how campuses should track and investigate sexual assault complaints and support survivors.

Tracy Porteous, part of that team, wants to see schools in B.C. adopt a computer database that would track complaints and aid investigations (like police systems) and also compile statistics (unlike police systems).

But even these efforts are insufficient.

For one, not all provinces are demanding change. Whatever data is generated might not even be comparable to that of schools in other provinces, let alone to police or StatsCan. And I highly doubt it will be sufficiently detailed, given that, in Ontario, schools have been vaguely instructed to collect "information" on sexual assault complaints.

It's particularly ironic that this kind of paltry information exists in the age of big data, giving lie to the belief that boundless information is everywhere, just waiting to be found. There's a chance, though, that new mathematical algorithms of the kinds studied by Prof. Andrea Lodi could shed light on what little sex assault data we've got. Lodi, the Canada Excellence Research Chair in Data Science for Real-Time Decision-Making, calls it that kind of analysis "the new frontier."

But you can't sift insight from thin air. Police, schools and even StatsCan must be compelled to collect more information and collaborate more closely.

Data could be our last, best shot to change abysmal rates of sexual violence, reporting and convictions. We must start actually using it.

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Possible 400-year-old Caravaggio found in an attic in France

Land of cashew milk and honey

To adopt healthier eating habits, focus on adding an extra portion of fruit and veg to every meal rather than dwelling on the foods you're cutting out, advises food writer Ella Woodward. CONTRIBUTED

INTERVIEW

Plant-based meals made easy thanks to Deliciously Ella

Melita Kuburas
Metro | Canada

Addition, not subtraction, is the key to making a seamless transition to healthier eating habits, says U.K. food blogger Ella Woodward.

"Deprivation doesn't work," says Woodward, who visited New York and Toronto last week to promote her new book, Deliciously Ella Every Day (Simon & Schuster Canada).

"I try and help people to focus on adding stuff in, rather than always thinking what you're cutting out," she tells Metro.

Woodward overhauled her lifestyle after being diagnosed with Postural Tachycardia Syndrome.

One of the symptoms of this condition is a difficulty maintaining a normal heart rate, which meant even the simplest tasks were unconquerable for her.

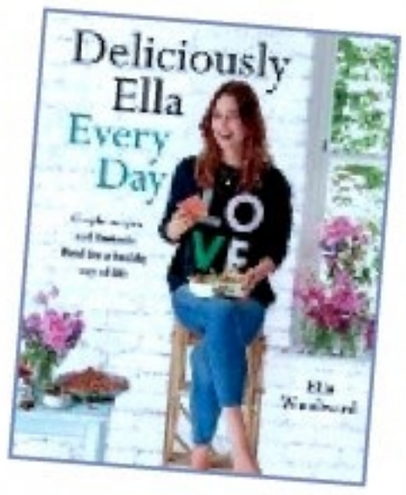
She says switching to a plant-based diet has helped her, but Woodward stays away from offering health advice to her fans (she has over 800,000 followers on Instagram, another 392,000 on Pinterest).

ELLA'S FAVOURITE
"They're so easy. It takes three minutes and you can always make a big batch at once and freeze the rest."

"I don't want to give very specific advice. I think that nutrition is absolutely amazing but it's so important to work one-on-one with someone. I'm much more about just promoting eating natural foods, showing people easy, more tasty ways of eating them and incorporating them into their life."

Start with simple changes like switching to brown rice instead of white, or swapping quinoa for pasta.

Before you know it, you'll be craving home-made cashew milk and cauliflower pizza crust — and it won't feel like a diet.



RECIPE FROM DELICIOUSLY ELLA EVERY DAY

A favorite recipe from my blog, which I hope you'll love. It's incredibly simple but very addictive; the first time I made this I cooked it four or five times in the following two weeks! There's just something about the mix of soft, buttery beans smothered in home-made pesto with sautéed spinach, crunchy pumpkin seeds and sweet, juicy pomegranates that I can't get enough of.

WARMING PESTO LIMA BEANS

Serves 1.

Ingredients for the pesto:
- 1 garlic clove
- 6 tablespoons pine nuts
- big handful of fresh basil leaves (1 ounce)
- 3 tablespoons olive oil
- juice of 1 lemon
- salt and pepper

Ingredients for the salad:
- one 15-ounce can lima beans, drained and rinsed
- 3.5 ounces spinach
- olive oil
- juice of 1 lemon
- pepper
- handful of pumpkin seeds
- sprinkling of pomegranate seeds

Directions:

1. Start by making the pesto. Simply peel the garlic and then put all the ingredients into a food processor and blend until smooth. Set aside.

2. Place the beans in a frying pan with the spinach and pesto and sauté everything in a splash of olive oil for 2–3 minutes until the spinach has wilted and everything is warm.

3. While they cook, squeeze the lemon (for the salad) over the beans and add pepper.

4. Place the pesto beans and spinach into a bowl and sprinkle the pumpkin and pomegranate seeds over the top.

Tweak it
In hot weather, swap the wilted spinach for fresh arugula and serve this as a cold salad.

JOHANNA SCHNELLER WHAT I'M WATCHING

The Catch comes up trite, despite its talent

THE SHOW: The Catch, Season 1, Episode 2 (ABC/CTV)
THE MOMENT: The muddy shoes

Swanky private investigator Alice Vaughan (Mireille Enos) is searching a bedroom for clues about the killer of a wealthy socialite, Edith. Suddenly, Edith's handsome, younger widower enters.

At first, Alice smiles at him — until she spies the mud on his shoes. The same mud that she got on her shoes a scene earlier, when she found a vital clue! Her face falls. "You stole the jewels to make it look like a robbery," she over-explains.

Poor Mireille. I loved her in The Killing. And I had high hopes for this series, in which Alice plays a cat-and-mouse game with the boyfriend who conned her (Peter Krause).

The premise is juicy: Do we ever know the people we love? Can we avenge heartbreak? Its co-creator is the novelist Kate Atkinson, and its executive producer is the powerhouse Shonda Rhimes, who is the first person to own an entire night of programming (Grey's Anatomy at 8 p.m., Scandal at 9, and this at 10).

The Catch makes Charlie's Angels look like The Wire

But all the gleaming interiors, designer duds, false eyelashes and high-gloss escapism in the world can't disguise the fact that this show is risible. The cons Krause runs wouldn't fool a toddler. And the mysteries Alice does solve — muddy shoes? — are ones Nancy Drew would reject as too obvious. The Catch makes Charlie's Angels look like The Wire.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Mireille Enos stars as Alice Vaughan in The Catch. CONTRIBUTED

Now it's OK to eat like a bird

Canary seed quick facts

Canary seed, which has been used almost exclusively as bird seed in North America, recently received approval to be sold for human consumption in both Canada and the United States.

1 What human food can canary seed be used in?
Baked goods and mixes for bagels, biscuits, breads, rolls, cookies, crackers, doughnuts, pancakes, waffles, muffins, pies, breakfast cereals, flours and brans. It can be sprinkled like sesame seed and can also be used in energy, meal replacement, and fortified bars; granola and cereal bars; pasta; and snack foods.

2 It's nutritious
With about 20 per cent protein, it's one of the higher protein cereal grains grown in Canada. It has a high percentage of unsaturated fatty acids and provides folate and iron. It's gluten-free, too.

3 Canada is the No. 1 exporter
Canada has well over 80 per cent of the world's canary seed exports, with Saskatchewan the top grower. In 2015, an estimated 149,000 tonnes of canary seed with a farm gate value of roughly $90 million was harvested from more than 1,200 square kilometres.

NUTRITION

Health Canada gives the green light to eating canary seed

Move over, feathered friends: canary seed has been approved for human consumption by Health Canada and the U.S. Food and Drug Administration.

The high-protein, gluten-free grain — similar in size to flax seed and sesame seed — can now be incorporated whole into energy and snack bars and sprinkled on hamburger buns and bagels. It can also be ground into flour for use in cookies, muffins, crackers, breads, tortillas and pasta. It's good news for farmers in Saskatchewan, where the bulk of the world's canary seed crop is grown and exported.

It's hoped the approval for human consumption will broaden the market, says Kevin Hursh, executive director of the Canaryseed Development Commission of Saskatchewan.

Carol Ann Patterson, a food scientist with The Pathfinders Research and Management Ltd., in Saskatoon, had been working with the commission since about 2006 as regulatory approval was sought for the seed to be used as a cereal grain, similar to oats, wheat, barley and rye. "From a protein perspective, compared to other cereals, canary seed ranks up there," says Patterson.

"And that's why it's so good for gluten-free applications because right now a lot of the flours that are used ... don't have the same nutrient composition as canary seed would have in terms of fatty acids, in terms of the vitamins, in terms of fibre and in terms of protein content." Roasted canary seed has a nutty flavour with a pleasant aroma. Marlene Hursh adapted a popular chocolate chip cookie recipe to use canary seed flour and groats (dehulled grain when the outer seed coat is removed, allowing you to see the seed colour).

Canary Seed Chocolate Chip Cookies

Ingredients:
If canary seed flour is unavailable, use 250 ml (1 cup) all-purpose flour.

- 125 ml (1/2 cup) softened butter or shortening
- 50 ml (1/4 cup) white sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 5 ml (1 tsp) vanilla
- 175 ml (3/4 cup) all-purpose flour
- 50 ml (1/4 cup) canary seed flour
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 250 ml (1 cup) chocolate chips
- 50 ml (1/4 cup) canary seed groats (optional)
- 125 ml (1/2 cup) chopped nuts (optional)

Directions:
1. In a bowl, cream together butter and white and brown sugars until light and fluffy. Add egg and vanilla and beat until smooth.
2. Stir in flours, soda and salt. Blend well.
3. Stir in chocolate chips, and canary seed groats and nuts, if using.
4. Drop by spoonfuls on ungreased cookie sheet 5 cm (2 inches) apart. Bake in a 190 C (375 F) oven for 8 to 10 minutes.

THE CANADIAN PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Hot sauces

Olé! More and more spice seekers are piling their food with peppery sauces, but you may get burned by more than just the taste.

PICK THIS

Sriracha Hot Chili Sauce from Huy Fong Foods (1 Tbsp)
Sodium 240 mg

SKIP THIS

Frank's RedHot Original Cayenne Pepper Sauce (1 Tbsp)
Sodium 570 mg

HERE'S WHY

Equivalent to 30 Rold Gold Classic Style Tiny Twists pretzels in sodium

Adding a hot pepper sauce to spice up your food may seem like a healthier alternative than loading it with other condiments like ranch dip, chipotle mayo or ketchup, but don't go overboard! At a glance the two spicy sauces may seem similar. Both have virtually no calories, fat or sugar, but by switching to Sriracha you cut your sodium down by half. Too much sodium can lead to high blood pressure — a risk factor for strokes, heart disease and kidney disease.

LIQUID ASSETS

Much love for Malbec

Though Malbec can trace its vine back to France's Bordeaux and southern Cahors regions of France, in today's wine world it's best known as the calling card of Argentina.

That's proven to be a double-edged corkscrew. Becoming so synonymous with the country has trained consumers to buy little else from Argentina, leaving great wines made with locally grown Tannat, Bonarda and Torrontés collecting dust.

Malbec World Day on April 17th, is an attempt by Argentina (and other Malbec makers) to give the grape some well-deserved props. Graffigna's 2013 Centenario Reserve Malbec ($12.79-$14.99) is made in the San Juan region. Dark, black and spicy, it's a natural mate for grilled meats.

PETER ROCKWELL/METRO

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8	5	7	6	2	3	1	4	9
6	3	9	7	1	4	2	5	8
1	4	2	5	9	8	7	3	6
5	6	1	3	7	2	9	8	4
4	7	3	8	5	9	6	1	2
2	9	8	1	4	6	5	7	3
9	8	5	2	3	1	4	6	7
3	1	4	9	6	7	8	2	5
7	2	6	4	8	5	3	9	1

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Lamborghini commissions artist Alfonso Borghi to create art inspired by the Miura

Kia is boxy, but has a lot of Soul

REVIEW

Latest model feels roomier than past offerings

Jil McIntosh
For Metro Canada

Boxy styling isn't necessarily the prettiest, but it certainly is practical. The Kia Soul may be a compact, but its squared-off shape gives you more interior space than you might expect.

The base trim line comes with a 1.6-litre engine making 130 horsepower, but I'd suggest moving up to the 2.0-litre engine, which produces 164 horsepower and is used in all the other trims.

The larger engine comes solely with a six-speed automatic transmission and while it gets noisy on hard acceleration, it handles both city and highway driving quite well.

The tight turning radius makes it easy to park in small spaces, especially with the rearview camera that's optional on the mid-range EX trim and standard on my top-line SX tester.

There's also a gimmicky feature called Flex Steer, included on all models, which lets the driver switch the steering feel between normal, comfort, or sport.

Kia has made improvements over the original system, which was far too soft in comfort mode, but even in sport mode it could use a bit more steering weight.

At an average published fuel economy of 8.8 L/100 km, the Soul isn't a gas-guzzler but also isn't as efficient as many other vehicles its size.

The Soul feels substantial, and the interior is comfortable and with good fit-and-finish. The base model is exactly that, as its extra cost to put air conditioning into it, but the upper trim lines add numerous features.

> **The tight turning radius makes it easy to park in small spaces, especially with the rearview camera that's optional.**

For $25,995, my tester included a heated steering wheel, heated leather seats, power-folding mirrors and an auto-dimming rearview mirror.

The top trim, at $27,495, has lane departure and front collision warning, navigation, heated and cooled seats, and a panoramic sunroof.

There used to be far more entries in this "tall wagon" category, such as Toyota's Matrix, Honda's Element, and the Nissan Cube.

The Soul has outlasted them all and now, in its second generation, has matured into a well-outfitted model that makes the most of its compact proportions.

THE CHECKLIST | 2016 KIA SOUL

THE BASICS

Type. Four-door, five-passenger compact hatchback
Engine (hp/torque): 1.6-litre four-cylinder (130/118), 2.0-litre four-cylinder (164/151)
Transmissions. Six-speed manual (1.6 only), six-speed automatic
Price. $17,195 (base), as-tested $25,995

COOL FEATURES

- Heated wiper de-icer
- Heated and cooled leather seats
- Rearview camera
- Cooled glovebox
- Front collision warning system
- Navigation system

KIA PHOTOS JIL MCINOTSH/FOR METRO; OTHERS HANDOUT

POINTS

- Like all Kia models, the Soul comes with a five-year/100,000 warranty that covers almost everything.
- The tested SX Sport trim line comes exclusively in red-black or red-white two-tone colour schemes.
- The Soul has virtually the same headroom as Kia's midsize Sorento SUV.

MARKET POSITION

Although Kia shares most of its model configurations with similar offerings from parent company Hyundai, the Soul is stand-alone with no matching equivalent. It's also available as an all-electric model, the Soul EV.

THE COMPETITION

Chevrolet Sonic
Base price: $14,395

Honda Fit
Base price: $14,790

Fiat 500L
Base price: $21,995

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Rav4 FWD LE: All In price includes freight and fees, HST extra. All In lease is bi Weekly for 60 months with $2,000 down and $1,000 customer incentive applied. Included freight and fees, HST extra. All In Finance is bi Weekly for 84 months with $0 down and $1,000 customer incentive applied. Includes freight and fees, HST extra.

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Meet the 2016 Toyota Prius

If you were expecting revelation with the new Prius, you'll instead have to settle for refinement of the entire package. Fuel economy is claimed to be improved by about 10 per cent, the hybrid components are lighter and more compact, better interior materials are in play, it's quieter and the car is designed to have a better ride and drive quality. **JEFF MELNYCHUK** WHEELBASE MEDIA

1 Display
Driver display is not in line with the field of vision. "Normal" mode displays a blue background and the "Power" setting shows as red. The latter forgoes fuel economy for a bit more acceleration.

2 Engine
The 1.8-litre four-cylinder engine is quieter and has lower internal friction than before, which means that it's more efficient.

3 Interior
Flexible interior space and a full cargo area as the battery pack is located under the rear seat.

4 Design
Toyota says the design (probably the front) was inspired by a runner in the starting blocks. Total system output is not known, but it won't be all that athletic (around 150 horsepower). There's more glass area in the back for better visibility.

5 Grille
Automatic grille shutters close to block out air when cooling is not needed.

SOURCE: TOYOTA

SMART CARS

Is a mini breathalyzer the key to stopping drunk driving?

Honda and Hitachi have developed a miniature prototype breathalyzer that can be integrated into a smart-car key.

There are already a number of high-tech devices either on the market or in development focused on helping drivers know their alcoholic limits.

The most high-profile is the DADSS, a system being developed by the U.S. Department of Transportation's National Highway Traffic Safety Administration that could soon become standard in-cabin equipment on new cars sold in North America.

However, what sets Honda's portable alcohol detection device apart from the others is that it is mobile — it can be used anywhere and at any time as a breathalyzer. This mobility means, according to its makers, that a user doesn't have to get into his or her car to perform a breath test.

This minimizes any temptation to drive.

Likewise, the fact that it's integrated into the car key means that three seconds after providing a breath sample, if too much alcohol is detected, the key will no longer open or start the car.

Honda and Hitachi are working on a mini-breathalyzer that would be integrated into car keys. ISTOCK

In order to build a breathalyzer compact enough to fit into a key not much larger and thicker than a credit card, Hitachi had to develop a sensor that was tiny (just five millimetres in area), yet good enough to detect as little as 0.015mg/l of ethanol concentration in a person's breath.

It achieves its readings by also measuring exhaled hydrogen and metabolized acetaldehyde and by using an algorithm to make a calculation based on the concentration of the three substances.

It is currently calibrated in accordance with Japan's drunk driving laws, but the intention is to tune the smart key for different markets and laws.

On April 12, the companies will be officially presenting the prototype and its research at the SAE World Congress in Detroit. AFP

+ POTENTIAL

Though just a prototype at the moment, Honda and Hitachi want to commercialize the device and the technology behind it quickly, amd to do so, it will have to go through rigorous testing in terms of its accuracy.

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Starting From Price for 2016 Dodge Grand Caravan Crew shown: $31,640.♪

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Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A+AGR)/2016 Jeep Cherokee Sport 4x4 (24A)/2016 Dodge Grand Caravan SXT (29E)/2016 Dodge Journey SXT (29E) with a Purchase Price of $31,248/$29,087/$29,145/$29,550 with a $1,998/$0/$998/$998 down payment, financed at 0% for 84/84/72/60 months equals 182/182/156/130 bi-weekly payments of $161/$160/$180/$220 with a cost of borrowing of $0 and a total obligation of $31,248/$29,087/$29,145/$29,550. €$10,350 in Package Value available on the new 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $7,000 Consumer Cash Discount, $850 No Charge Uconnect Hands-Free Group and $2,500 Ultimate Family Package Savings. $5,700 in Package Value available on the new 2016 Dodge Journey SXT Ultimate Family Package model based on the following MSRP options: $2,000 Consumer Cash and $2,500 DVD Bonus Cash and No Cost Options of $1,200. 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Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A)/2016 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of $29,800/$19,977 leased at 2.99% for 24/36 months with a $500 security deposit, $1,448/$1,928 down payment and first month's payment due at lease inception equals 24/36 monthly payments of $295/$228 with a cost of borrowing of $1,609.35/$1,483.16 (including $60.25 PPSA registration) and a total obligation of $8,585.60/$10,187.21. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ∞1.49% lease financing for up to 48 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $25,237 leased at 1.49% for 48 months with a $500 security deposit, $1,848 down payment and first month's payment due at lease inception equals 48 monthly payments of $278 with a cost of borrowing of $1,135.17 (including $60.25 PPSA registration) and a total obligation of $15,244.02. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ❖0% lease financing for 24 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. 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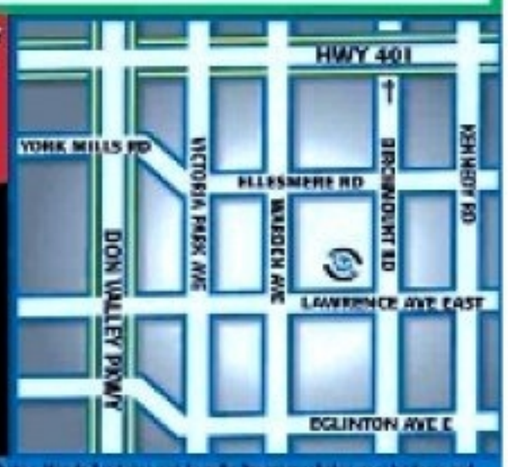

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Don't need a crash course to pick helmet

While most people think its the outside world that degrades a helmet, it's actually bacteria and acids from a riders head that cause the most damage. AFP

SAFETY

Experts say to get a replacement after five years

It doesn't matter how cool a crash helmet may look or how well it goes with your brand new bike or syncs with your phone's Bluetooth system — unless it fits your head properly, in the event of an accident it will offer the same amount of protection as any other fashion accessory.

Despite the unrelenting march of online shopping and the growing trend for showrooming, buying a crash helmet, particularly if it's your first, is something that should only ever be done in person.

"We always stress for people to go to their local dealer to buy a helmet, where trained staff can ensure they get the right fit for them," explains Mark Eilledge, the racing and technical manager for Shark helmets.

You can check the size of your head with a tape measure for a rough idea of fit (just like before buying a hat) but "different helmet brands — and styles within the brand — have different fits and suit different people," Eilledge explains.

Regardless of whether you like the look of a full-face, modular, off-road or open-face helmet, all types and styles of helmet are identical when it comes to fitting.

And in this regard, it's surprising that even experienced bikers are often caught out, thinking a helmet should feel loose on the head.

"If it slides on too easily then it's too big and won't protect you effectively," says Eilledge, pointing out that once on, a rider shouldn't be able to get a finger between the helmet and the liner. 'You should feel the skin on your head move rather than the helmet shift (when moving the helmet up and down or side to side with your hands). If the helmet moves independently from your head, then it's too big."

The lining is key to fit, comfort and safety in all helmets and it is the liner's condition that dictates how effective the helmet will be in the event of an accident.

"Often people think it's damage to the outside of the helmet over time which means it needs replacing, when actually, it's the bacteria and the acid inside from the rider's head that degrades it from the inside. I always say: Imagine having the same pillowcase on your bed for five years without washing it," explains Eilledge.

So looking after the inside and keeping it clean is absolutely vital, as is giving it a proper wipe down after every ride. "There's a whole host of things not to do to a helmet — don't drop it, don't put it near fuel, don't rest it on your fuel tank, don't put your dirty oily gloves in the helmet and don't be scared to wash the internal liners," Eilledge says.

However, even if you manage not to drop it and avoid having an accident, even a premium helmet has a short usable life as Eilledge explains: "Most helmet manufacturers — Shark included — would say that a helmet has a maximum 'life' of five years. This is on the basis of looking after it and keeping the inside liner washed and clean." AFP

THREE TO TRY

Shark Evo-One
The new helmets are a full 100 grams lighter and are even more streamlined while the sun visor has been beefed up.

Touratech Aventuro Mod
The Aventuro is a modular helmet that offers all of the advantages of being able to flip up the entire front without any of the design's drawbacks.

The Caberg Uptown
This is a Jet style helmet in that it's open-face but the visor extends past the rider's chin, just like a fighter pilot's helmet. It's a premium, aesthetic choice for long-distance touring and for the urban commute. AFP

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mazda

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Competition brings EV advances

GM

Range-extended Cadillac ELR on chopping block

Cadillac will pull the plug on the Chevrolet Volt-based ELR luxury plug-in hybrid coupe at the end of its production cycle in 2018. As costly as it is underappreciated, the ELR has been a slow seller since its debut in 2014, according to auto-information Web site Autos Cheat Sheet. With the ELR starting at a hefty $75,995 US in America (closer to $80,000 in Canada), dealers sold just 1,024 units in all of 2015.

TEXT AND IMAGES BY WHEELBASE MEDIA

DELTAWING + DHX

Electric motor collab in the works

DeltaWing Technology Group and DHX Electric Machines, both based in Georgia, are collaborating to build small, lightweight electric motors for automotive applications. The companies claim that their electric motors are 75 per cent smaller than equivalent-output motors for automotive applications, achieved through engineering improvements in heat management.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

NISSAN-RENAULT

Bolt not giving us a jolt: CEO

Facing stiffer competition from electric-car competitors — notably from the 320-kilometre all-electric Chevrolet Bolt EV coming later this year — doesn't seem to worry the CEO of the world's largest maker of electric vehicles, Carlos Ghosn of Nissan-Renault. Ghosn told attendees at the recent 2016 Automotive News World Congress in Detroit that he welcomes the competition. Expansion of the electric-vehicle segment would encourage governments, buyers and electric utilities to invest in charging infrastructure, notes alternate-vehicle web page, Green Car Reports. "We are all part of the same thing," he said. Governments need to play a major role in expanding charging infrastructure, which he views as vital to growing the appeal of electric cars with consumers.

TWO WORDS

Honda provides clarity on fuel-cell sedan

The 2016 Honda Clarity Fuel Cell sedan will sport a fuel-cell stack that is 33 per cent more hydrogen compact, yet 60 per cent more power dense than the one in the FCX concept car that became the Clarity. Honda says the new stack fits fully under the hood, allowing more passenger space inside. Range is expected to exceed 500 kilometres and refueling time is claimed to be less than five minutes. Says auto news and enthusiast magazine, AutoWeek, "this thing is starting to sounds suspiciously like a regular car."

IN BRIEF

Gas leak output equivalent to driving eight billion kilometres

A methane leak at an underground natural gas storage facility near Porter Ranch, Calif., has since last November negated the environmental benefits of most of California's electric vehicles. As of late January, reports the Los Angeles Times, it was estimated to have spewed as much greenhouse gas as a car would emit if driven eight billion kilometres.

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Volvo C70 a family-friendly top-down

USED VEHICLE

Check roof panels in 2006-2013 models

Unlike two-seat 'roadster' style drop-tops, a convertible like the Volvo C70 can handle a complement of four occupants when needed, making it an ideal choice in a family-ready ride that's big on top-down summertime fun.

The Test Drive

Open and close the convertible top several times, ensuring no warning lights illuminate, that there's no binding or straining apparent during the process, and that the roof opens and closes, consistently, each time.

Check roof panels for signs of paint wear or damage, which could indicate misaligned arms, or panels that are contacting one another as they fold away.

Stop the roof halfway through its range of motion, when all panels and their seals will be visible. Note that rubber seals should be plump, intact and free of damage or missing chunks. Remember that periodic lubrication of the rubber weather seals, as well as periodic cleaning of debris from the built-in rain gutters and drainage holes, can add to the durability and reliability of the motorized top. Finally, inspect the interior headliner, as some owners have reported ceiling fabric that sags over time and can interfere with roof operation.

Insist on test-driving the used C70 when it's been sitting, cold, a few hours ahead of your arrival. From a cold start, let the car idle up to operating temperature before driving it, noting that milky tailpipe smoke is often a warning sign of a bad turbocharger. Poor performance, could be the result of a bad engine sensor.

JUSTIN PRITCHARD/FOR METRO

JUSTIN PRITCHARD/FOR METRO

Features

The C70 combined four-seat comfort and space with a roof-optional motoring experience designed for luxury and peace of mind. Conceived and calibrated for hours-long top-off comfort, the C70's power-retractable hard-top flips and folds into the trunk at the touch of a button, in about 30 seconds.

Engines

All C70 models come with Volvo's silky 'T5' powerplant: a 2.5-litre five-cylinder unit with dual camshafts and an intercooled turbocharger, good for 227 horsepower sent to the front wheels. A five-speed automatic, or a six-speed manual, were available.

What owners like

Owners typically report a safe, solid and secure feeling on the road, a comfortable and nicely styled cabin, a quiet and relaxing overall driving experience, and exceptional performance from the optional Dynaudio stereo. The engine, transmission and even shifter and clutch are said to be smooth and refined.

What owners dislike

Owner gripes centre around soggy steering and handling which won't appeal to driving enthusiasts, the slashing of cargo space when the roof is folded down, and a low-hanging trunk lid that's easy to whack one's cranium on.

The verdict

A used C70, inspected carefully by a technician, should prove a confident used convertible buy.

GREEN NEWS

Mercedes commits to electric Smart fleet by end of 2016

At its annual shareholder meeting in Berlin, Mercedes-Benz parent company Daimler pledged to develop and launch a battery-powered car with a 500-kilometre range before the end of the decade.

Dr. Dieter Zetsche, Daimler's chairman and the head of Mercedes-Benz Cars, said, "The more cars and commercial vehicles are on the road, the more efficiently each one of them must be operated."

Compatriot company Porsche, despite being a niche manufacturer in terms of sales and vehicle lineup, is already hard at work bringing a similarly long-range electric car to market with a goal of a 2018 launch.

However, as a company that sells millions of private and commercial vehicles every year, Daimler needs to move more quickly in order to reduce emissions and cut pollution across its fleet.

By the end of 2016 every current vehicle in the company's Smart range of inner-city cars will be offered as a plug-in electric vehicle and it also intends to bet big on hybrid drivetrains as a short-term solution while full EV technology catches up for larger vehicles.

Mercedes' Dr. Dieter Zetsche says the company welcomes disruptors like car sharing and autonomous driving. DAIMLER AG

"In 2017, we will have 10 plug-in (hybrid) models on the market," said Zetsche.

Despite the continuing backlash from the Dieselgate scandal, Daimler also reiterated its faith in diesel and its crucial role to play in lowering the average CO2 emissions on roads not just in Europe, but around the globe.

"At Mercedes, we believe in the diesel engine — and in our engineering skills," said Zetsche.

The notion of personal mobility is going through its biggest single evolution since Karl Benz invented the internal-combustion-engine-propelled motorcar in 1885. Daimler is the company that grew out of that initial automotive eureka moment and as a result likes to lay claim to being the car's creator.

And rather than trying to preserve the status quo, the company believes the disruption coming from autonomous driving technology, pollution concerns, upstarts like Tesla and the popularity of services like Uber are all positive.

"It is a matter of utilizing the opportunities that changes bring along," Zetsche said.

It's also why Daimler is also investing heavily in its existing ride-sharing services and on efficient long distance buses.

Zetsche said: "130 years ago, we invented the automobile. Today we are forging ahead with its reinvention. We are, and we will remain, pioneers of mobility." AFP

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3 MOTORBIKES TO TAKE ON THE OPEN ROAD THIS SPRING

As spring brings finer weather, thoughts are turning to weekend breaks and vacation getaways. What better way to take in the season's scenery and blow off winter cobwebs than with a motorcycle trip. Here's a look at some of the hottest two-wheeled rides for hitting the road to adventure in 2016. **AFP**

1 For the urban adventurer

The Honda NC750X has been given a facelift for 2016 with a more rugged, adventurer-style design. Along with its refined 750cc twin-cylinder engine, this urban bike gets LED lights, an optimized front fork and optional Dual Clutch Transmission (DCT). With a comfortable seat, wide handlebars and plenty of storage space, this motorcycle is as good for the open road as it is around town.

2 The safe bet

The classic design may not be to everyone's taste, but the SV 650 is a flagship model in the Suzuki motorcycle range. Still, boosted performance, improved handling for a nicer ride and a new lighter design make up for the design's lack of originality. ABS and decent-level specs make this motorcycle a sound investment for its category.

3 The classy custom cruiser

As the latest addition to Harley-Davidson's S series, the Low Rider has the pared-down yet bad-boy looks of a seriously mean machine. Plus, it comes loaded with the brand's most powerful engine, the Screamin' Eagle Twin Cam 110, a two-cylinder V-twin engine promising 159 N.m of torque at 3,500 rpm. It also gets a heavy-duty clutch.

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*Selling price is $55,435 on a new 2016 MDX (YD4H2GJNX). Selling price includes $2,045 freight and PDI, EHF tires ($29), EHF filters ($1), air conditioning fee ($100) and OMVIC fee ($10). License, insurance, registration and taxes are extra. † Limited time lease offer based on a new 2016 Acura MDX (YD4H2GJNX) available through Acura Financial Services on approved credit. Representative lease example: 1.9% lease rate for 48 months (48 payments). Monthly payment is $558 with $6,000 down payment. 16,000 km allowance/year; charge of $0.15/km for excess kilometres. Total lease obligation is $32,784. Offer includes EHF tires ($29), EHF filters ($1), air conditioning fee ($100), OMVIC fee ($10) and PPSA ($37). License, insurance, registration, options, duties and taxes are extra. PPSA lien registration fee and lien registering agent's fee are due at time of delivery. ‡$4,000 Customer Cash Rebate (CCR) is available on new 2016 Acura MDX Navi (YD4H4GKNX), Tech (YD4H6GKNX) and Elite (YD4H8GKN) models when registered and delivered before May 2, 2016. Total incentives consist of $4,000 that cannot be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. Some terms/conditions apply. Model shown for illustration purposes only. Offers end May 2, 2016 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acuragta.ca or your Acura dealer for details. © 2016 Acura, a division of Honda Canada Inc.

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HONDA

Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from $1,595 to $1,725 depending on model), EHF tires & filters ($22.25), A/C charge ($100 except Fit DX models), and OMVIC fee ($10). Taxes, licence, insurance and registration are extra. ΩRepresentative weekly lease example: 2016 Civic LX Sedan 6MT (Model FC2E5GE) // 2016 CR-V LX 2WD (Model RM3H3GE1) // 2016 Accord LX Sedan 6MT (Model CR2E3GE) // 2016 Fit DX 6MT (Model GK5G3GE) on a 60-month term with 260 weekly payments at 2.99% // 1.99% // 3.99% // 2.99% lease APR. Weekly payment is $56.79 // $71.77 // $72.60 // $43.70 with $0 down or equivalent trade-in and $335 // $385 // $680 // $510 total lease incentive included. Down payments, $0 security deposit and first weekly payment due at lease inception. Total lease obligation is $14,765.78 // $18,660.80 // $18,875.71 // $11,363.15. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. For all offers: licence, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2015. *None of the features described are intended to replace the driver's responsibility to exercise due care while driving. Drivers should not use handheld devices or operate certain vehicle features unless it is safe and legal to do so. Some features have technological limitations. For additional feature information, limitations and restrictions, please visit www.honda.ca/disclaimers or refer to the vehicle's owner's manual. Bluetooth is a registered trademark of SIG Inc. Apple and Apple CarPlay are trademarks of Apple Inc. Android and Android Auto are trademarks of Google Inc.

metro SPORTS

B.C.'s Rory MacDonald, headliner of June's UFC Fight Night in Ottawa, took in batting practice and threw out the first pitch at Tuesday's Jays game

BLUE JAYS BRONX BOMBERS FIRE OPENING SALVO Yankees second baseman Starlin Castro turns a double play against the Blue Jays' Troy Tulowitzki on Tuesday night at Rogers Centre. Jacoby Ellsbury drove in the go-ahead run with a single to left field in the seventh inning and the Yankees opener of a three-game series 3-2. TOM SZCZERBOWSKI/GETTY IMAGES

NBA

Raptors devour hapless 76ers

With little on the line, the Toronto Raptors found some meaning in their final home game of the regular season — an encouraging performance from DeMarre Carroll.

Carroll keyed a run early in the second half, and the Raptors cruised to a 122-98 win over the Philadelphia 76ers on Tuesday night. The Raptors finished the year with a 32-9 record at Air Canada Centre, the best mark in franchise history.

Toronto wraps up the regular season with a game in Brooklyn on Wednesday.

Thanks to Indiana's win in New York and Detroit's loss to Miami, the Raptors will play the Pacers in the first round of the playoffs.

Norman Powell scored a team-high 18 points in a team-high 38 minutes.

TUESDAY At ACC

122	98
RAPTORS	76ERS

This was Carroll's first home game since Jan. 3. He returned last week in Atlanta after missing the previous 42 games as he recovered from arthroscopic knee surgery. Carroll scored eight points in 21 minutes.

The game marked the first time the Raptors played the 76ers since Philadelphia hired Bryan Colangelo to be the club's president and general manager. Colangelo held the same post for the Raptors from 2006 to 2013. THE CANADIAN PRESS

De Grasse off to fast start in Olympic year

TRACK AND FIELD

Coaching change has led to success for sprint star

It took all of 10 seconds for Andre De Grasse to prove he made the right move.

The Canadian sprint star raised eyebrows in December when he left Los Angeles and moved to Phoenix to train with Stuart McMillan. His fifth coach in four years, and less than eight months from the Rio Olympics, his decision had armchair critics abuzz on social media.

But the 21-year-old from Markham has roared out of the gate, opening with fast times in both the 100 and 200 metres, and says he's feeling better than ever.

"It feels better because this time last year, it was a little bit of fatigue, a little tired, and I knew the season was going to be pretty long," De Grasse said Tuesday. "Now it's an Olympic year so I've kind of got to take my races one at a time, and kind of just get ready for the Olympics, with less races, and that's actually a plus to it."

De Grasse ran a wind-aided but solid 9.99 seconds to win the 100 metres at the Florida Relays in his season opener. He followed it up with victory in the 200 in 20.23, second fastest in the world this season, at the Sun Angel Classic on Saturday in Tempe, Ariz.

The fast results are reassurance of a training program he said is vastly different from last season's. De Grasse ran a whopping 54 races in a marathon season last year that stretched out from the NCAA championships to Pan Am Games to the world championships. The fact he raced to a bronze medal at the world championships in Beijing — in race No. 52 — was a testament to his talent.

McMillan and his coaching team at Altis — formerly the World Athletic Center — have taken a patient approach with the Canadian sprinter, both in training and racing. They held him out of all but one race in the indoor season. The aim is to be fresh and in top form in Rio.

"It's all been new to me," De Grasse said.

"Now with Altis and Stuart McMillan, their message is totally different, and they're kind of teaching me different things, I'm learning new techniques, and lifting more in the weight room, so I'm getting stronger on the track, just trying to finish my race with more left in the tank."

THE CANADIAN PRESS

GETTY IMAGES

> **It's a serious year, so can't be playing around.**
> Andre De Grasse

'Ludicrous' 73 wins in Warriors' hands

Stephen Curry never figured the Chicago Bulls' 72-win mark could be matched or eclipsed.

Twenty years later, the reigning MVP and his Golden State Warriors are on the brink of doing just that and making yet more history this season.

"I knew what it was but you never really thought about it in perspective of anybody chasing it. It was kind of that number that was out there that seemed invincible," Curry said Tuesday. "Even at the beginning of this year, even when we started 24-0, it was kind of: 'Well, maybe we can do it. We're going to keep playing every night with the intention of winning as many games as possible,' but it just sounded kind of ludicrous, 72-10, how much good play has to go into it. We're there now, 72-9, and we've got one more chance to beat it."

That comes Wednesday, when Memphis visits Golden State who are going for win 73 to best the 1995-96 Bulls. THE ASSOCIATED PRESS

IN BRIEF

No. 42's contract on display

Jackie Robinson's contract with the Brooklyn Dodgers that broke Major League Baseball's colour barrier is on public view in New York and soon in other places, as well.

The April 11, 1947, document, together with a contract Robinson signed two years earlier with the Montreal Royals, is on display at Collectors Cafe, a collectibles auction venture in Times Square. The documents will go on a tour of other cities after a week in New York.

THE ASSOCIATED PRESS

Sens' new general manager fires coach

Pierre Dorion wasted no time making his first move as general manager of the Ottawa Senators.

Head coach Dave Cameron and assistants Andre Tourigny, Jason Smith and Rick Wamsley were all fired Tuesday, just two days after Dorion took over as GM from Bryan Murray.

Ottawa missed the NHL playoffs after posting a disappointing 38-35-9 record. Cameron posted a 70-50-17 overall record as head coach.

THE CANADIAN PRESS

Real saved by classic Cristiano magic

UEFA CHAMPIONS LEAGUE

Portuguese's treble gets whiteshirts out of trouble

Cristiano Ronaldo came through for Real Madrid again, scoring a hat trick to lead his team back to the semifinals of the Champions League with a 3-0 win over Wolfsburg on Tuesday.

Ronaldo netted goals in the 16th and 17th minutes, and then added a decisive third with a remarkable free kick in the 77th as Madrid overturned a 2-0 loss in last week's first leg to win 3-2 on aggregate.

The Portugal striker delivered when Madrid needed a goal scorer, sending a curling shot in-between a couple of defenders in the Wolfsburg wall to earn his team a place in the semis for the sixth straight season and avoid a major upset to the German side.

"He scored three goals when the team needed him," Madrid coach Zinedine Zidane said. "He is special."

Ronaldo took his tournament tally to 16 goals from 10 games this season, one shy of the Champions League record he set in the 2013-14 season.

He remains the all-time leading scorer in the Champions League, now with 93 goals.

"For those who doubted Ronaldo, he has vindicated himself again," Madrid defender Sergio Ramos said. "We need him."

It was Ronaldo's 40th hat trick for club and country, and the sixth this season.

Several minutes after the final whistle, Ronaldo and the rest of the Madrid players returned to the pitch to show their appreciation to the fans who were still celebrating at the Santiago Bernabeu Stadium.

"It was a special night, we started with tremendous intensity and showed our rival how much we wanted this," Zidane said. "The fans were phenomenal today. We can only thank them for how they supported us." THE ASSOCIATED PRESS

TUESDAY At Bernabeu

3	0
MADRID	WOLFSBURG

Cristiano Ronaldo headed in the second of his three goals against Wolfsburg on Tuesday. CURTO DE LA TORRE/AFP/GETTY IMAGES

AT THE ETIHAD IN MANCHESTER

Kevin de Bruyne sent Manchester City into the Champions League semifinals for the first time, securing a hard-fought 1-0 win over Paris Saint-Germain to build on a 2-2 draw from the first leg.

OLYMPIC FASHION

Canada rocking classic look for Rio

Canada's Summer Olympic and Paralympic athletes will be in classic form as they suit up for Rio, sporting traditional styles steeped in the country's colours and showcasing iconic national symbols.

The latest designs from official outfitter Hudson's Bay Co. were unveiled live Tuesday night on Team Canada's Facebook page.

In a move that's being billed as a first, viewers were able to get a glimpse at the uniforms for the opening and closing ceremonies months before the Games actually get underway. THE CANADIAN PRESS

Paddler Ben Russell and sprinter Khamica Bingham THE CANADIAN PRESS

IN BRIEF

Russians not counting Sharapova out for Brazil

Russia says Maria Sharapova is still in its plans for Olympic tennis in August despite her provisional suspension for failing a drug test.

Sharapova has been suspended since last month, when she admitted she tested positive for the banned substance meldonium at January's Australian Open.

Sharapova said she had been taking meldonium for medical reasons for 10 years and had not seen a World Anti-Doping Agency ruling that it would be banned for 2016. THE ASSOCIATED PRESS

Payton fed up by 'madness'

New Orleans Saints coach Sean Payton is angered over U.S. gun laws and derides as "madness" the idea that everybody needs a gun.

"I hate guns," he said in an interview with USA Today.

Payton spoke following the shooting death of Will Smith, a 34-year-old former Saints defensive lineman. He was killed Saturday after an argument following a traffic accident in New Orleans.

The coach said he often will "find myself leaning to the right on some issues. But on this issue, I can't wrap my brain around it." THE ASSOCIATED PRESS

MMA

Portugal fighter dies after match

A mixed martial arts fighter from Portugal died Tuesday, three days after being hospitalized with injuries from a fight.

Total Extreme Fighting announced the death of Joao Carvalho. It didn't disclose the nature of Carvalho's injuries, and said formal hospital medical reports and procedures are still being carried out.

The 28-year-old Carvalho was knocked out in the third round of a welterweight fight against Charlie Ward at the National Stadium in Dublin on Saturday. TEF said Carvalho was assessed by doctors and medical staff at the onsite medical office "as per normal procedure," before being taken to the hospital.

"We extend our most sincere condolences to the family of Joao Carvalho and his teammates in Team Nobrega," said Cesar Silva, CEO of TEF. "Our thoughts and prayers are with them."

Silva said his organizing body has been in contact with Carvalho's family. THE ASSOCIATED PRESS

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RECIPE Orzo, Basil & Tomato salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This salad packs lots of flavour due to the fresh basil and tomatoes, and it makes you think you're eating a picnic dinner in a garden. Not bad for a Wednesday.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 2 cups cooked orzo
- 25 fresh basil leaves, various sizes
- 1 shallot, cut into quarters
- 2 cloves garlic
- 3/4 cup olive oil
- zest and juice of one lemon
- 1 teaspoon honey
- salt
- 1 tablespoon water
- 1 cup halved cherry tomatoes
- 1 cup shaved parmesan cheese
- 5 mint leaves chopped

Directions

1. Cook orzo pasta according to package directions. Set aside.

2. Place basil leaves, shallot, garlic, oil, lemon zest and juice, honey and salt in a blender (you can also use an immersion blender) with water and give it a whiz until blended.

3. Mix dressing into pasta. Stir in cherry tomatoes and parmesan. Sprinkle fresh chopped mint.

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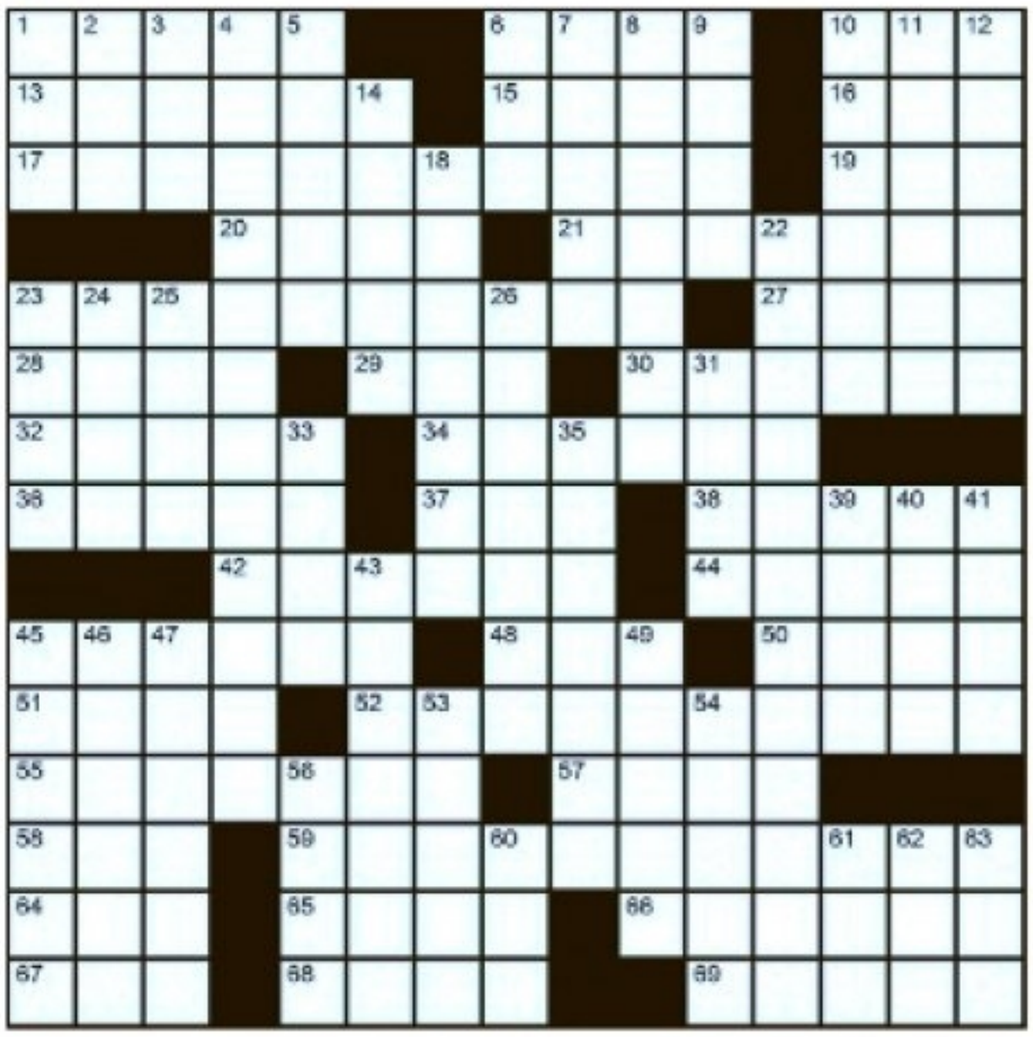
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Historic Puritan port city
6. Customer's slip [abbr.]
10. Poet's 'atop'
13. Treasured stashes
15. 'Smack' suffix (Dollar, in slang)
16. Opposite SSW
17. Crunch those numbers again
19. 2016 Pres. candidate ...his initials-sharers
20. Neither 'for' nor 'against' [abbr.]
21. Positioned-to-catch-the-baseball shout!: 3 wds.
23. Mishmash
27. Country property expanse
28. Ms. Sands of '60s songs
29. Pre-summer time, wee-ly
30. Top-_ (Best of the best)
32. _ Park (Thomas Edison's home/lab site in New Jersey)
34. Like the 'feet' of some poets
36. "...the bombs bursting _ _..."
37. _ Khan Museum (Toronto attraction)
38. Mr. Wyle's
42. Detector
44. Pull at: 2 wds.
45. Remain: 2 wds.
48. Mr. Geller
50. Barn's weathery decoration
51. "Brava!"-inducing vocal
52. _ chicken (Swiss Chalet's famous serving)
55. Boulevard in Winnipeg
57. The Koh-i-_ Diamond
58. _ Ken (Working dog breed)
59. Canadian team of superheroes in Marvel Comics: 2 wds.
64. Mel of baseball fame
65. Reality star Coco's rapper-turned-actor husband
66. Healthier
67. PBS funding org.
68. Sr. and Jr. actors Chaney
69. Mr. Arnaz's (Lucille's love)

DOWN
1. Li'l narrow waterway
2. The Who's "Who _ You"
3. 1989: "Wild Thing" by Tone-_
4. Canadian supermodel Linda's
5. Skirmish
6. Farm. member
7. TV's Mr. Kilborn
8. Sage or parsley, etc. ...culinary-style
9. _ _ fine line
10. Next up at bats: 2 wds.
11. Full
12. Relaxed
14. Atlantic 'porgy' fishies
18. Paradises
22. Stanley Park enjoyer from the area
23. Prefix to 'sphere'
24. Kitchen appliance
25. Ms. Pugliese of "Breakfast Television" in Toronto
26. Prolong: 2 wds.
31. "_ She Sweet"
33. Beaver State, briefly
35. Gill-y member of #59-Across who can swim at amazing speeds, her Earth parents are Newfoundland couple Gladys and Tom Smallwood
39. Culture medium
40. Hagar The Horrible's daughter
41. Dagger
43. Big name in electric shavers
45. Radish variety
46. Embellished
47. Elton John title song lady
49. Starts racing!: 2 wds.
53. Pencil _ _ (Writing options)
54. Dependable
56. Flicka's flick-ee
60. Standing-human measurements [abbr.]
61. Lettered Mustang cars
62. Gospel song: "_ - _ Believe"
63. Susan Sarandon's ex-beau ...his initials-sharers

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Power struggles might create domestic arguments today. Don't take the bait! Remind yourself how important family harmony is for you as well as for others.

Taurus April 21 - May 21
Be careful, because this is a mildly accident-prone day. People are intent on getting their own way, even if unexpected obstacles arise. Take it easy.

Gemini May 22 - June 21
Quarrels about money and possessions might take place today because someone opposes your ideas. Listen to others, and look for a win/win solution.

Cancer June 22 - July 23
Bosses and parents might catch you off-guard today, which in turn, creates an argument with a partner or close friend. Something will upset you. Nevertheless, don't let this ruin your day. Rise above it.

Leo July 24 - Aug. 23
Travel plans will be canceled, changed or delayed today. Meanwhile, avoid controversial subjects, because these could spiral into something nasty.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, shared property, taxes and debt will occur today. A female friend might oppose you, especially if it relates to your kids.

Libra Sept. 24 - Oct. 23
This is a poor day to challenge authority figures — parents, bosses, teachers and the police. Everything is a bit of a crapshoot, so keep your head down and your powder dry.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for your sign. It's also an accident-prone day at work. This means you should slow down and pay attention to everything you say and do.

Sagittarius Nov. 23 - Dec. 21
Make friends with your bank account and anything having to do with taxes, debt and shared property, because something unexpected will occur today. This is also an accident-prone day for your kids. Be alert!

Capricorn Dec. 22 - Jan. 20
Quarrels with partners and close friends might arise today, especially because of news or a surprising turn of events at home.

Aquarius Jan. 21 - Feb. 19
Be careful, because this is an accident-prone day, especially at work. Knowing this, be mindful. Don't be in a rush to do anything. Look around you.

Pisces
Feb. 20 - March 20
Social plans, vacations and something to do with your finances might surprise you today. Perhaps a planned event costs more than you thought it would? (Welcome to the club.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			7		1			
		5		4		2		
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Minimum $4,000 (including $500 competitive bonus** or loyalty bonus¶) discount is offered on a new 2016 Forte Sedan LX MT (F054FG). Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2016 Forte Sedan LX MT (F054FG) with a selling price of $12,574 is based on monthly payments of $226 for 60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $4,000 discount ($3,500 loan credit and $500 competitive bonus** or loyalty bonus¶). Other taxes, registration, insurance and licensing fees are excluded. **Cash Purchase Price** for the new 2016 Forte Sedan LX MT (F054FG) is $12,574 and includes a cash discount of $5,000 (including $500 competitive bonus** or loyalty bonus¶). Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **$500/$750 competitive bonus offer available on the retail purchase/lease of any new 2016 Forte, 2016 Sorento, 2016 Sportage, 2017 Sportage, 2016 Optima, 2016 Rio, 2016 Rio5 and 2016 Rondo/2016 Sedona and 2016 Optima Hybrid from participating dealers between April 1 to May 2, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo, Buick and Jaguar vehicles. Some conditions apply. See your dealer or kia.ca for complete details. ¶$500/$750 loyalty bonus offer available on the retail purchase/lease of any new 2016 Forte, 2016 Sorento, 2016 Sportage, 2017 Sportage, 2016 Optima, 2016 Rio, 2016 Rio5 and 2016 Rondo/2016 Sedona and 2016 Optima Hybrid from participating dealers between April 1 to May 2, 2016 upon proof of current ownership/registration of Kia vehicle. Some conditions apply. See your dealer or kia.ca for complete details. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Sorento 2.4L LX FWD (SR75AG)/2016 Soul LX AT (S075EG) with a selling price of $29,554/$21,754 (includes $500/$0 lease credit discount and $500/$0 competitive bonus** or loyalty bonus¶) is based on a total number of 130/104 bi-weekly payments of $129/$99 for 60/48 months at 1.9%/0.9%, with $0 security deposit, $2,101/$1,151 down payment and first bi-weekly payment due at lease inception. Total lease obligation $16,740/$10,306 with the option to purchase at the end of the term for $11,515/$10,860. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ‡Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR75GL)/2016 Forte SX AT (F074BG)/2016 Soul SX Luxury (S075BG) is $42,295/$26,695/$21,495. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The Kia Soul/Sorento received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles/midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2866. Kia is a trademark of Kia Motors Corporation.